

# Comparisons of Job Characteristics

**Focus Occupation:** [Fitness Trainers and Aerobics Instructors \(39-9031\)](#)

**Associated Occupation:** [Physical Therapist Aides \(31-2022\)](#)

[Compare Knowledge](#)

[Compare Skills](#)

[Compare Abilities](#)

[Compare Detailed Work Activities](#)

[Compare Tools and Technologies](#)

<<	Focus occupation element is much lower
<	Focus occupation element is lower
0	Focus occupation element is at a similar level
>	Focus occupation element is at a higher level
>>	Focus occupation element is at a much higher level

## Knowledge

Similarity of Focus Occupation to Associated Occupation: 83

**Focus Occupation:** Fitness Trainers and Aerobics Instructors (39-9031)

**Associated Occupation:** Physical Therapist Aides (31-2022)

Associated Occupation's Key Knowledge Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating		Evaluation of Focus Occupation
Customer and Personal Service	11.3	17.1	16.8	0	Current knowledge level may be sufficient
Psychology	6.4	9.1	10.6	>	Current knowledge level is likely sufficient
Therapy and Counseling	3.8	8.7	6.1	<<	Extensive education and/or training may be required
Medicine and Dentistry	3.7	8.1	6.0	<<	Extensive education and/or training may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O\*NET (Occupation Information Network) data.

## Skills

Similarity of Focus Occupation to Associated Occupation: 83

**Focus Occupation:** Fitness Trainers and Aerobics Instructors (39-9031)

**Associated Occupation:** Physical Therapist Aides (31-2022)

Associated Occupation's Key Skills Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating		Evaluation of Focus Occupation
Social Perceptiveness	9.1	10.8	10.7	0	Current skill level may be sufficient
Coordination	9.1	9.3	9.6	0	Current skill level may be sufficient
Service Orientation	7.9	9.3	11.5	>	Skill level is likely sufficient
Technology Design	2.6	3.8	3.3	<	A higher skill level may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O\*NET (Occupation Information Network) data.

## Abilities

Similarity of Focus Occupation to Associated Occupation: 68

**Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)**  
**Associated Occupation: Physical Therapist Aides (31-2022)**

Associated Occupation's Key Abilities Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating		Evaluation of Focus Occupation
Static Strength	5.0	8.8	10.8	>	Current ability level is likely sufficient
Trunk Strength	5.7	7.9	14.1	>>	Current ability level is likely more than sufficient
Extent Flexibility	4.8	7.3	12.3	>>	Current ability level is likely more than sufficient
Stamina	4.0	6.6	13.8	>>	Current ability level is likely more than sufficient
Gross Body Coordination	3.9	6.1	13.2	>>	Current ability level is likely more than sufficient
Dynamic Strength	3.5	5.9	12.2	>>	Current ability level is likely more than sufficient
Speed of Limb Movement	3.2	5.5	7.2	>	Current ability level is likely sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O\*NET (Occupation Information Network) data.

## Activities that Both Occupations Have in Common

Similarity of Focus Occupation to Associated Occupation: 72

**Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)**  
**Associated Occupation: Physical Therapist Aides (31-2022)**

Work Activities	Exclusivity of Activity
Assist patient in performing breathing exercises	89
Use massage therapy procedures	81

Not all positions in these occupations will necessarily perform all of the listed activities. The exclusivity rating is an indication of how unique the activity is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations engage in that activity.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O\*NET (Occupation Information Network) data.

## Tools and Technologies that Both Occupations Have in Common

Similarity of Focus Occupation to Associated Occupation: 28

**Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)**  
**Associated Occupation: Physical Therapist Aides (31-2022)**

Tools and Technologies	Exclusivity
Blood pressure units and related products	11
Computers	1
Content authoring and editing software	1
Industry specific software	1

Not all positions in these occupations will necessarily use all of the listed tools and technologies. The exclusivity rating is an indication of how unique the tool or technology is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations use that tool or technology.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O\*NET (Occupation Information Network) data.